



Verplegen in isolatie - Engels

Nursing care in isolation

Our nursing team with care for you in isolation (i.e. in a separate room). This measure may have significant consequences for you, so we ask for your understanding regarding the need to take it. This leaflet tells you more about the different types of isolation, and what this means for you.

Why isolation?

At Spaarne Gasthuis, we use different forms of isolation. The exact form of isolation selected in your case will depend on:

- The type of (viral) infection you have.
- The type of bacteria you have.
- The way in which a (viral) infection or bacteria usually spreads. They can do so:
 - through direct contact (hands)
 - through indirect contact (infected objects/materials)
 - through coughing or sneezing
 - through the air

On top of that, your illness may have affected your immune system, leaving you more susceptible to infections coming from outside. In that case too, we may need to care for you in isolation for your own safety.

You will preferably stay in a single room to prevent your infection from spreading to others. In some cases, the door will need to stay closed, or your room will have an air lock. An air lock is an extra space between your room and the corridor.

Measures

An isolation card will be displayed on the outside of your door. This card will list the extra hygiene measures required. Every member of staff will follow these measures. You and your visitors will also need to follow some of them. When you visit a treatment or assessment room, the same measures will be taken there.

Measures to be taken by you

Good hygiene is very important. Clean hands prevent the spread of viruses and bacteria. It is important to regularly use hand sanitiser, or to wash your hands thoroughly with water and soap when you see any dirt. After washing, dry your hands carefully using a paper towel.

When to use hand sanitiser or wash your hands:

- Before meals.
- After going to the toilet.
- After using a bedpan or urinal.
- Before and after you care for your wound.
- After coughing or sneezing.

If you need to cough or sneeze, please do so into the sleeve of your top or a tissue, NOT your hand.

Pictures showing how to use hand sanitiser can be found on the back of this leaflet.

Measures for your visitors

- Your visitors must report to your nurse in advance for more information on the measures to be taken.
- Your visitors must always wash their hands or use hand sanitiser before visiting you and after leaving your room.
- If your visitors wish to see other patients at the hospital during the same visit, they must always do so **before** they visit you.
- Your visitors must leave the hospital straightaway after they have seen you.

Please note: if you are in protective isolation or HIC isolation, your visitors cannot see any other patients at the hospital before they visit you.

Different forms of isolation

The different forms of isolation are shown below. A card is displayed on the door to your room. The colour of this card shows the form of isolation applicable in your case. Your form of isolation will also be ticked.

Contact isolation (yellow): single room with the door open

Measures to be taken by most of our staff:

- Our staff will wear an apron and gloves in your room.

Measures to be taken by you:

- You are not allowed to leave your room. Exceptions may be granted in consultation with your doctor or nurse.

Measures to be taken by your visitors:

- No extra measures.
- Your visitors must use hand sanitiser when leaving the room.

Contact isolation S (green): single room with the door open

Measures to be taken by most of our staff:

- Our staff will wear an apron and gloves in your room.

Measures to be taken by you:

- You are not allowed to leave your room. Exceptions may be granted in consultation with your doctor or nurse.

Measures to be taken by your visitors:

- No extra measures.
- Your visitors must use hand sanitiser when leaving the room.

Contact and droplet isolation (light blue): single room with the door open

Measures to be taken by our staff:

- Our staff will wear an apron, gloves and a face mask in your room.

Measures to be taken by you:

- You are not allowed to leave your room, other than for testing or treatment.
- You must wear a face mask while being transported.

Measures to be taken by your visitors:

- Your visitors must wear a face mask in your room.
- Your visitors must use hand sanitiser when leaving the room.

Droplet isolation (purple): single room with the door open

Measures to be taken by our staff:

- Our staff will wear a face mask in your room.

Measures to be taken by you:

- You are not allowed to leave your room, other than for testing or treatment.
- You must wear a face mask while being transported.

Measures to be taken by your visitors:

- Your visitors must wear a face mask in your room.
- Your visitors must use hand sanitiser when leaving the room.

Strict isolation (red): single room with air lock and the door closed

Measures to be taken by our staff:

- Our staff will wear an apron, gloves and a face mask in your room.

Measures to be taken by you:

- You are not allowed to leave your room, other than for testing or treatment.
- If you have a cough, you must wear a face mask while being transported.

Measures to be taken by your visitors:

- No extra measures.
- Visitors must not open both doors at the same time when entering and leaving the room.
- Your visitors must use hand sanitiser when leaving the room.

Airborne isolation (dark blue): single room with air lock and the door closed

Measures to be taken by our staff:

- Our staff must wear a face mask in your room.

Measures to be taken by you:

- You are not allowed to leave your room, other than for testing or treatment.
- You must wear a face mask while being transported.

Measures to be taken by your visitors:

- Your visitors must wear a face mask in your room.
- Visitors must not open both doors at the same time when entering and leaving the room.
- Visitors must use hand sanitiser when leaving the room.

Airborne and contact isolation (pink): single room with air lock and the door closed

Measures to be taken by our staff:

- Our staff will wear an apron, gloves and a face mask in your room.

Measures to be taken by you:

- You are not allowed to leave your room, other than for testing or treatment.
- You must wear a face mask while being transported.

Measures to be taken by your visitors:

- Your visitors must wear a face mask in your room.
- Visitors must not open both doors at the same time when entering and leaving the room.
- Your visitors must use hand sanitiser when leaving the room.

Protective isolation (white): single room with air lock and the door closed

Measures to be taken by our staff:

- Our staff will wear an apron and a face mask in your room.

Measures to be taken by you:

- You are not allowed to leave your room, other than for testing or treatment.
- You must wear a face mask while being transported.

Measures to be taken by your visitors:

- Your visitors must wear an apron and a face mask in your room.
- Your visitors must always wash their hands or use hand sanitiser before visiting you and after leaving your room.
- They are not allowed to visit you if they are ill or have a cold themselves, or if they carry any other infection.
- Children are only allowed to visit following consultation with the doctor or nurse.
- If your visitors wish to see other patients at the hospital during the same visit, they must do so **after** they have seen you.
- Visitors must not open both doors at the same time when entering and leaving the room.

HIC isolation (white): single room with air lock and the door closed

Measures to be taken by our staff:

- Our staff will wear a face mask in your room.

Measures to be taken by you:

- You are not allowed to leave your room, other than for testing or treatment.
- You must wear a face mask while being transported.

Measures to be taken by your visitors:

- Your visitors must wear a face mask in your room.
- Your visitors must always wash their hands or use hand sanitiser before visiting you and after leaving your room.
- They are not allowed to visit you if they are ill or have a cold themselves, or if they carry any other infection.
- Children are only allowed to visit following consultation with the doctor or nurse.
- If your visitors wish to see other patients at the hospital during the same visit, they must do so **after** they have seen you.
- Visitors must not open both doors at the same time when entering and leaving the room.

When do we no longer need to care for you in isolation?

Isolation is no longer required once the risk of a viral or other infection or bacteria has sufficiently reduced. This depends on a range of factors, including:

- You are no longer contagious.
- Your symptoms have (nearly) disappeared.
- Test results show that isolation is no longer required.

- Your immune system has recovered sufficiently to be able to protect you against infections brought in by others (in case of protective or HIC isolation).

Your doctor or nurse will assess whether you still need to be in isolation on a daily basis. In some cases, you may need to remain in isolation for your entire stay at the hospital.

Going home, readmission or transfer to a different institution

Once you are able to go home, your doctor or nurse will tell you whether you need to take any further measures there. This may be the case:

- If you are receiving home care.
- If you need to visit the outpatient clinic for any appointments.
- If you are readmitted to the hospital.

If you are being transferred to a different institution or hospital, you may need to stay in isolation even there. The exact measures may be different from those taken at Spaarne Gasthuis.

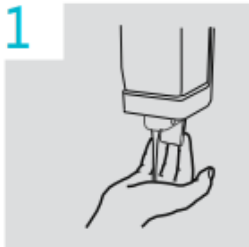
Questions and telephone numbers

It's important that you receive clear and accurate information. If you have any questions after reading this leaflet, ask the doctor's assistant, nurse or doctor.

You can also direct your questions to the Infection Prevention Department on +31 23 224 0961 or via email: infectiepreventie@spaarnegasthuis.nl.

Hand hygiene instruction card

May I have 30 seconds of your time?



1 Put hand sanitiser in the palm of your hand



2 Spread the hand sanitiser over your hands and wrists



3 Rub the right palm on the back of your left hand and vice versa



4 Rub your palms together and between your fingers



5 Rub your knuckles in your palms



6 Rub your left and right thumbs



7 Rub your left and right fingertips on your palms and then around your wrists



8 Keep rubbing until your hands are dry

This hand hygiene instruction card accompanies the 'Hand Hygiene' working procedure.